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FOR IMMEDIATE RELEASE

NAL OIL & GAS TRUST ANNOUNCES DECEMBER DISTRIBUTION TO UNITHOLDERS

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CALGARY, November 12/2007 /Marketwire / - NAL Oil & Gas Trust (the "Trust") (TSX: **NAE.UN**) will pay a distribution of \$0.16 per unit on December 17, 2007, to Unitholders of record on November 22, 2007. The units will begin trading ex-distribution on November 20, 2007.

Trailing cash distributions for the past 12 months total \$1.92 per unit, representing a 15.6% cash-on-cash yield based on the November 9, 2007 closing unit price of \$12.34.

NAL Oil & Gas is an open-end investment trust that generates distributions through the acquisition, development, production and marketing of oil, natural gas and natural gas liquids. The Trust owns high quality assets in Alberta, Saskatchewan and Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

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